






Kids Activities

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---|--|---|---|
| Time | 15:45-16:30 | 16:30-17:15 | 15:45-16:30 | 16:30-17:15 | 16:30-17:30 |
| Class |  |  |  |  |  |
| Instructor | Matt and Dani | Gemma | Matt and Dani | Ben | Stacey |
| Age limit | 5-7 years | 8-11 years | 5-7 years | 8-11 years | 8-15 years |



Dodgeball taken by Matt and Dani is a great game for your children that is so fun they won't even realise they're taking part in a fitness activity!



Gemma's Boxing Fun is a boxfit class designed for children aged 8-11. Gemma has years of experience in Karate so she's the perfect instructor to teach your children. Boxfit is a cardio vascular class that involves pad and glove work.



Whack the wall is a fun, interactive activity designed to get your kids moving. Your children will use foam noodles to hit our light up sports wall on a time trial fitness circuit!



Ben's Fitness Games will be a mixture of fitness games that will be held in studio one or outside (weather dependent!) designed to keep your children fit and active!



Street Dance is a structured class taken by our external instructor Stacey Beasley who is director of her own dance school, Just Dance Company! Stacey runs choreographed classes with routine performances to be delivered to the parents. Boys and Girls welcome. Find out more of what Stacey does at www.justdancecompany.co.uk

